

Calcium Content of Selected Foods

Dairy	Portion	Mg CA++
Milk, whole, 2%, 1%, skim	1 cup	300
Milk, evaporated	¼ cup	165
Cheese, brick or cheddar	1 oz	205
Cottage cheese	1 cup	140
Cheese, swiss	1 oz	240
Processed cheese slices, cheddar	1 oz	170
Processed cheese spread	3 Tbsp	250
Ice cream	½ cup	85
Frozen yogurt, plain	1 cup	100
Yogurt, low fat, plain	¾ cup	300

Beans	Portion	Mg CA++
Tofu, extra firm	¼ cup	50
Tofu, firm (made with calcium)	¼ cup	125
Tofu, medium firm	¼ cup	45
Tofu, soft	¼ cup	15
Soy Bean, mature	½ cup	90
Miso Paste	2 Tbsp	20
White Beans	½ cup	80
Tempeh	2 Tbsp	20
Hummus	¼ cup	30
Navy, Jack, Sword beans	½ cup	60
Black turtle beans	½ cup	50
Pinto beans, Chick peas	½ cup	40
Red Kidney beans	½ cup	25
Whole sesame seeds (black/white)	1 Tbsp	90
Tahini (sesame seed butter)	1 Tbsp	63

Nuts and Seeds	Portion	Mg CA++
Almond butter	1 Tbsp	43
Almonds, dry roasted	¼ cup	95
Brazil, Hazelnuts	¼ cup	55

Fish and Seafood	Portion	Mg CA++
Dried Fish	2 Tbsp	140
Scallops, steamed	7	105
Sardines	8 med	370
Oysters	½ cup	120
Shrimp, canned	½ cup	75
Salmon, raw without bones	3 oz	80
Salmon, canned with bones	3 oz	190

Calcium Content of Selected Foods

Vegetables¹	Portion	Mg CA++
Beet greens, cooked	½ cup	85
Broccoli, cooked	½ cup	35
Cabbage, cooked	½ cup	25
Carrots cooked	½ cup	25
Chinese cabbage/Bok Choy cooked	½ cup	75
Chinese broccoli	½ cup	135
Collard greens	½ cup	15
Dandelion greens	½ cup	55
Kale, cooked	½ cup	100
Lima beans	½ cup	15
Mustard greens, cooked	½ cup	50
Okra, frozen, cooked	½ cup	75
Onions, cooked	½ cup	20
Parsnips, cooked	½ cup	30
Rutabaga, cooked	½ cup	40
Spinach, cooked	½ cup	122
Tomatoes, canned	½ cup	35
Turnip greens, cooked	½ cup	95
Waxed beans, yellow or green	½ cup	55
Fruits		
Orange	1 med	55
Dried Fig	2 med	54
Non Dairy Beverages		
Fortified soy beverage ²	1 cup	300*
Fortified rice beverage ³	1 cup	300**
Fortified orange juice	1 cup	300
Regular soy beverage	1 cup	20
Other		
Amaranth, boiled	½ cup	150
Bread, whole wheat, white bread	1 slice	20
Bread, McGavin's calcium enriched	1 slice	150
Flour, whole wheat	1 cup	40
Sugar, brown	1 cup	180
Sugar, white	1 cup	0
Molasses, black strap	1 Tbsp	170
Molasses, regular	1 Tbsp	40

¹ Calcium from vegetable sources is not as well absorbed as that from dairy sources.

² Calcium from fortified soy beverages is not as well absorbed as calcium from cow's milk. 1 cup of fortified soy beverage should be counted as 180 mg of calcium, not 300 mg. This is important if you rely on fortified soy beverages as your main calcium source.

³ Calcium bioavailability not known.